





## Cortisol

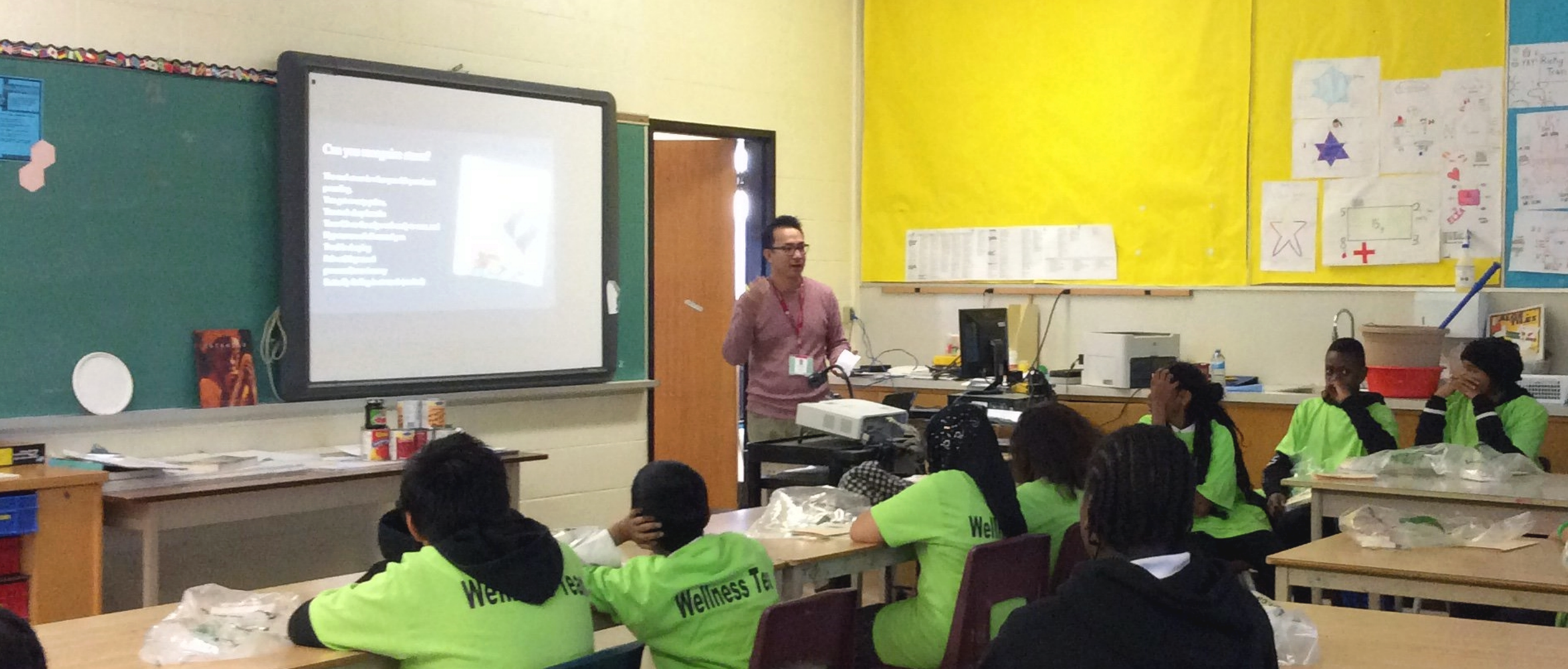
- "It allows proteins to help the muscles and organs for safety of our bodies"
- "It makes hormones"
- "It is in flight response"
- "It helps our body react to stress"

Wellness Team

Wellness Team

Wellness Team





Can you imagine that?

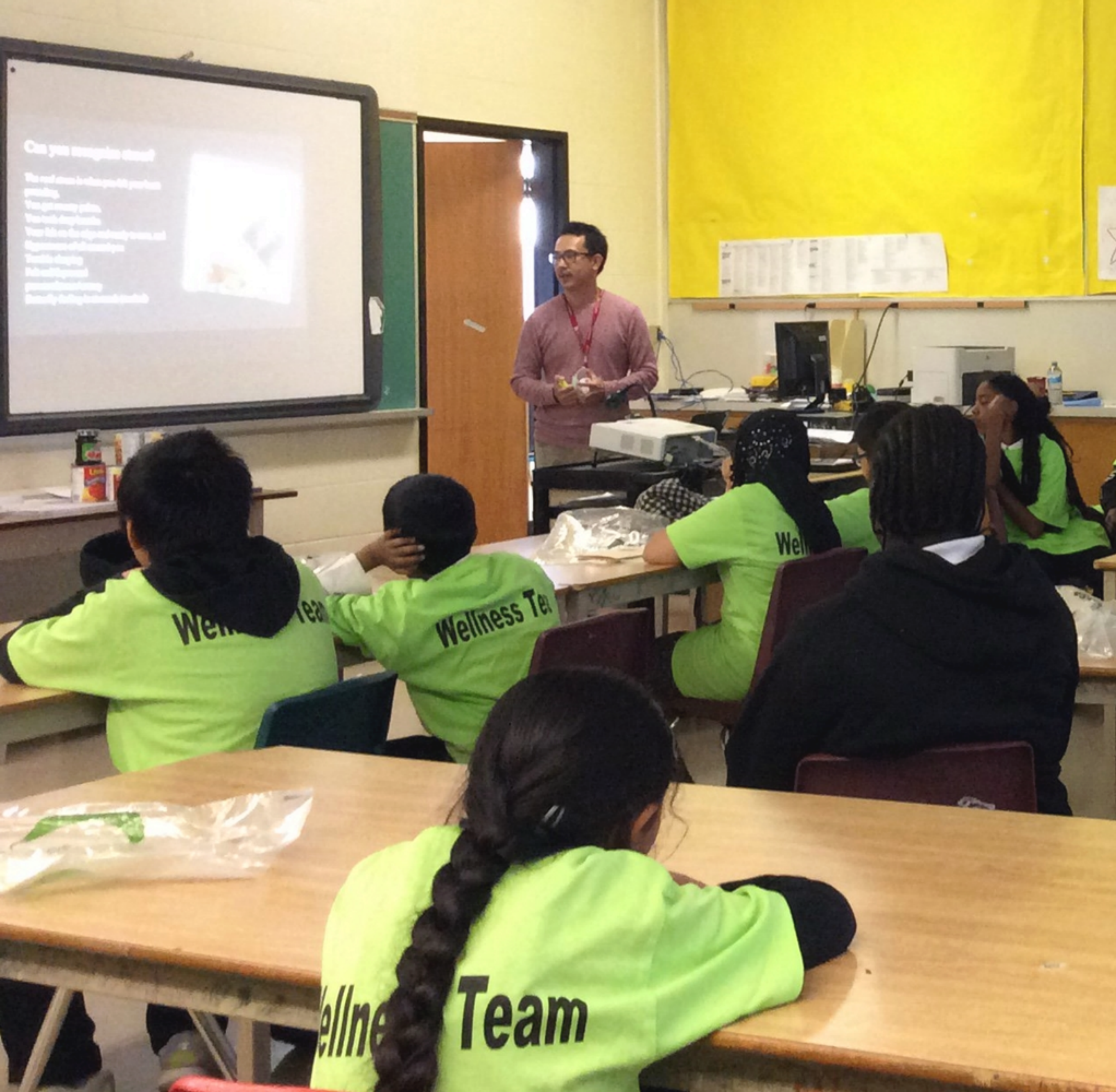
- The first step is to...
- The second step is to...
- The third step is to...
- The fourth step is to...
- The fifth step is to...
- The sixth step is to...
- The seventh step is to...
- The eighth step is to...
- The ninth step is to...
- The tenth step is to...



Wellness Team

Wellness Team





## Can you imagine that?

The real stress is when you feel you're  
growing.  
You get angry when  
You're not happy with  
Your life on the edge of reality is real.  
Signatures of the mind are  
You're always  
You're always  
You're always  
You're always







Equality  
Acceptance  
Learning

Blood Bank

PEANUT  
BUTTER

Gas  
Mask

Traffic  
Light

Laserphaco Probe

Aa Bb Cc Dd Ee Ff Gg

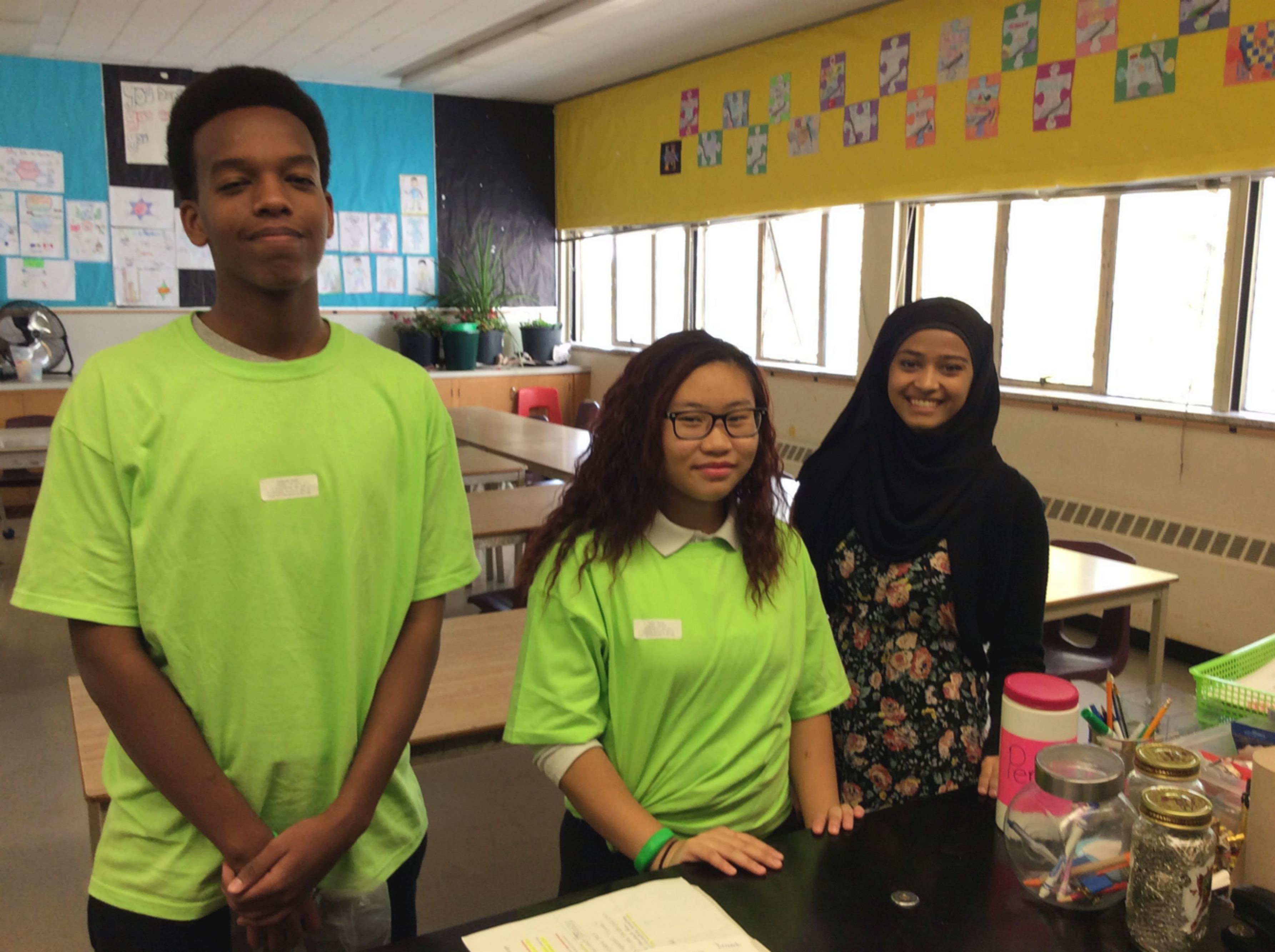
2 pathways to  
Heal

sity!

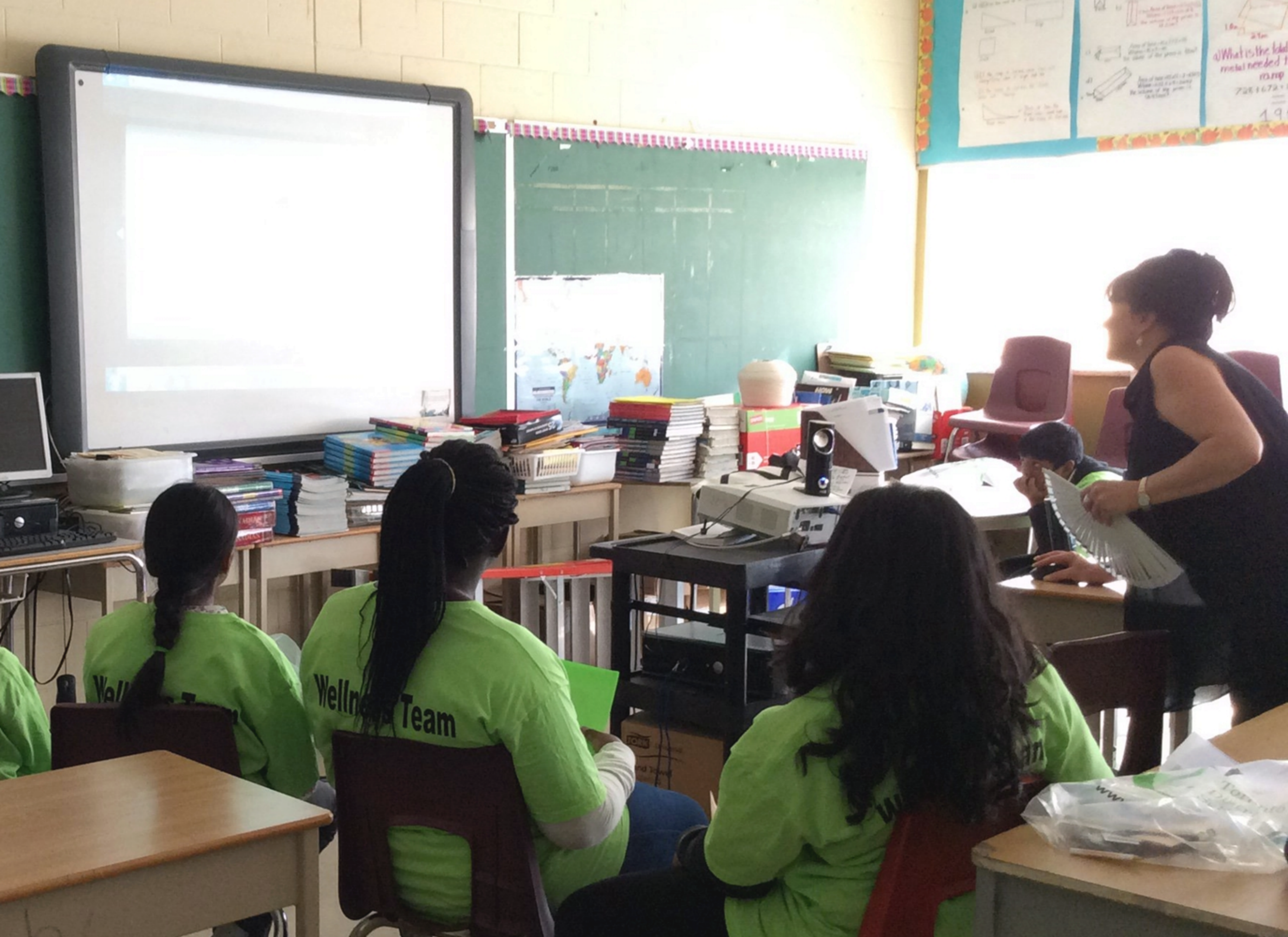














Common  
ator (LCD)  
in  
of 4  
minator of 156  
of 6 are 6, 12, 18

